Reflection Three:

My Music Practice

In todays lesson we wrote the 4 golden rules for practicing

These are there to help me to structure my independent practice time

I should always set a (achievable) goal for my practice as it is very easy to become distracted and end up by not having completing the goals satisfactorily.

It is important to write down a goal every time so that I know what I must complete. This will also help me to reach my target which is to play a composition of 30 seconds long

I will need to fill out the following:

My animal is\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My instrument is\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My partner is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The following table is a method which will enable me to structure my independent rehearsal times

|  |  |  |  |
| --- | --- | --- | --- |
| Date | Rehearsal Goal | Things that need improving for next practice | Have I met my goal  Yes/No? |
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